What's underneath Magic Mike?

Actor Alex Pettyfer found it more awkward to learn to dance than to strip in his latest flick Magic Mike PAGE 9

A CEREMONY HEAD TURNER

KRISTEN STEWART AND ROBERT PATTINSON LOVE IT UP AT HOLLYWOOD WEDDING? PAGE 10

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Tuesday, June 26, 2012
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Shoddy seats a bad play: Hopson

Roughriders. Poor sightlines, issues with ticket scanning and a lack of parking were also on complaint list

JEFF MACKEY
jeff.mackey@metronews.ca

In last Friday's close-but-no-cigar 33-31 Roughrider pre-season loss to the Calgary Stampeders, many fans in the north-side stands had more to be disappointed about than just the final score.

The new seats were part of a $14-million renovation that also included new south-end seating and large video scoreboards. This gave Mosaic more of a modern bowl-stadium layout that really changed the atmosphere around Taylor Field.

Reports of seats snapping off in the north section started to surface on Twitter while the pre-season game was still ongoing. Even on Monday, the north section was still littered with obvious gaps in the rows of green seats.

"We are going to make sure that they are rectified before the next game," said Roughriders CEO Jim Hopson.

Hopson assured media Monday that all the seats in the north end will be removed and given an upgraded installation before the Riders host the Edmonton Eskimos on July 8.

One of the broken seats at Mosaic. JEFF MACKEY/METRO

"The (original) installation was not appropriate and we have assurances from the supplier and from the contractor that they are going to tear it right down," said Hopson.

"I understand that it (the installation problem) has to do with the weld and how it was done, but they are confident that there is a solution."

According to Hopson, there were no major injuries as a result of the seats snapping.

As if seats falling out from under north side fans were not enough, some in the section were also complaining about poor sight lines to the field.

Reaction

"Fans were disappointed and so were we, we definitely had some issues there."
Roughriders CEO Jim Hopson

"Sightlines are an issue we can address with the moving of some of the fencing," said Hopson. "We are also keeping some seats free so we can move people if we need to."

Game-day problems were not confined to the north section either; Hopson also admitted that there were instances of some valid tickets not scanning at the gates and not enough parking around the stadium.

Still, Hopson hopes that these negative reviews do not turn Riders fans off attending games.

"Overall, we had a lot of positive comments, people liked the look of the stadium, the feel of the stadium, they like the new scoreboards," said Hopson.

"We are absolutely trying to do our best (to fix the problems) before we lose them as season ticket holders or game-day attendees."

PORTRAIT OF A NICE GUY

Former Saskatchewan premier Lorne Calvert shakes hands with artist Susanne MacKay Kaplan, whose portrait of Calvert was unveiled at the legislature Monday. Thought of by many as one of the nicest men in Saskatchewan politics, Calvert believes the portrait reflects that sentiment. See story, page 2. JEFF MACKEY/METRO

Net dependent to pay the bills

Take heed of these four steps from financial columnist Alison Griffiths to protect your finances from cyber interruption PAGE 13

Ugandan landslide devastation

Hundreds predicted dead, villages destroyed and houses buried after torrential rains, reports Red Cross PAGE 6

1 NEWS

On the web

Fickle Facebook

The folks at Facebook have done it again — annoying users by making changes without advising them. This time, all users' default email addresses have been changed or are about to be changed to an @facebook.com account, an account most people never use. Go to metronews.ca to read the full story and find out how you can fix the change.

Ditched by Obama

Is Barack Obama squandering Canada's love? The answer is a resounding yes, according to an essay in a leading U.S. foreign-policy journal, which says the U.S. has jilted Canada, leaving relations at "their lowest point in decades". Go to metronews.ca to read the full story.

Mobile news

Got a tumour? There's an app for that. Smartphone technology is now entering the operating room, allowing ovarian-cancer surgeons to use an application to store and track tumour information. Scan the code to find out more.

Burglars on the prowl, RCMP warn

Break-ins. Numbers are up in North Regina

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

The RCMP are asking people to be on the lookout for any suspicious activity after another burglary occurred just north of Regina.

In the last two months, between 15 and 20 break and enters occurred in North Regina and the rural areas to the north. It's a larger number than usual, says Cpl. Conrad Logan.

The robberies decreased after a number of people were arrested, charged and detained for a few of the robberies. They are now before the courts.

But another B&E occurred on June 20th, just north of Regina, and it has the RCMP concerned. The resident, who works at home, left for an hour between 4:30 and 5:30 p.m. When the resident returned home, the patio doors were smashed in and the home burglarized.

It was the second time in two months that this home had been hit. "A week prior to this, the homeowners had just replaced all of the belongings that had been stolen," says Logan. "Now they've been the target again and they lost the same stuff."

The RCMP believe that the perpetrators may have been surveying the property, waiting for the owners to leave.

"If you've got a vehicle that drives by your place three or four times, and its slowing down, and you've never seen the vehicle before, then that's suspicious," says Logan. He adds that identifying descriptive details of that suspicious vehicle are also extremely useful to police.

Security advice

For ounce of prevention: Chain gates, check in with neighbours, expert says

Robert Freberg is an owner of Empire Security, a home security dealership that has outlets across Saskatchewan.

He agrees that one of the most useful security measures a resident can take, whether they live in the city or on an acreage, is to check in with the neighbours.

"The biggest thing we tell people is to make sure their neighbours know that they're not expecting anybody in their yard and that they're going to be away for a period of time," says Freberg.

He says this is important even if you're just gone for the day.

He also suggests a low-fi measure for people who live on a rural property — hang a cable or chain between the gates at the entrance of the property.

"Putting something across their gateway just to make it more difficult to get into the yard while they are away, makes a big difference."

CARRIE-MAY SIGGINS/METRO

Portrait unveiled. Calvert jokes about aging

Former Saskatchewan premier Lorne Calvert joked about aging Monday at the unveiling of his official portrait.

Calvert, who led the province from 2001 until 2007, told a crowd gathered for the event in the rotunda of the Legislature that just days after being sworn in as premier, he was contacted by the chief of protocol about having the portrait done.

Calvert said he was leading a minority government, trying to assemble a cabinet, dealing with a drought and looking at oil worth $20 a barrel.

"Somewhere on the extremities of my mind was the question of picking a portrait artist," Calvert recalled.

But the chief of protocol, Michael Jackson, persisted. Memos on the issue kept coming and gained urgency.

"I actually phoned Michael and said to him: 'Michael, just what's the panic about this portrait?'" said the one-time New Democrat leader.

"He said to me, 'Do you want the truth?' I said, 'Well, yeah the truth is helpful.' He said to me: 'Well, the truth of matter is this, we paint you early because you guys age so fast in the job.'

"Now, I'm not sure, Mr. Premier, if you've had the same advice," laughed Calvert, turning to current Saskatchewan Premier Brad Wall, "but it wasn't all that encouraging right at the start."

The portrait by Susanne MacKay Kaplan shows a smiling Calvert standing outside with the west wing of the legislature in the background. It was immediately displayed in the Saskatchewan Gallery, where portraits of all former premiers hang.

It is the first official portrait to show a premier outside the legislature.

Calvert said that's by design.

"It was in the community of Saskatchewan that I found the greatest rewards of serving in this office," he said.

"And it was my conviction and remains my conviction that all that happens within this building is only of importance as it touches the lives of those apart from this building. What matters is not so much what happens in here, but how what happens in here can better build a province."

THE CANADIAN PRESS

Former Saskatchewan premier Lorne Calvert and his wife Betty smile during the unveiling of artist Susanne MacKay Kaplan's portrait on Monday at the Saskatchewan Legislative Building. ROY ANTAL/THE CANADIAN PRESS

Wall on Calvert

Current Premier Brad Wall called Lorne Calvert a statesman and gentleman.

- "You, sir, possess a very rare mix of qualities I believe are required to mark a successful public life," Wall said.
- "You're a gifted public speaker. You're a skilled debater, not afraid to mix it up, but to do so with reasoned arguments, with humility and with a sense of humour."

Regina Cavern Well

Gas leak posed no danger: SaskEnergy

SaskEnergy has stopped a gas leak in a cavern southwest of Regina.

At 9 a.m. on Sunday morning, SaskEnergy received reports from its monitors and a local resident who heard a loud sound. A leak had sprung in the Regina Cavern Well, about 2 km outside of the city.

There were no injuries, and SaskEnergy insisted in a release there was no risk of harm to the public.

At 2 a.m. on Monday morning, SaskEnergy and TransGas workers closed the valve on the well, stopping the leak at the site.

"Preliminary reports show the failure occurred on the piping connected to the cavern wellhead," SaskEnergy stated in a release. "Investigations are now underway to fully determine the cause of the failure and how a future occurrence can be prevented." METRO

Celiac disease

Expert cautions against gluten-free food fad

Gluten, and the damage it inflicts on those who react badly to it, needs to be present in a person's gut when tests for celiac disease are run, explains Shelley Case, a Regina-based registered dietician who sits on the professional advisory board of the Canadian Celiac Association.

A growing number of Canadians are experimenting with the latest in nutritional trends, but as the diet — used to treat celiac disease, a genetic autoimmune condition that damages the gastrointestinal tract — morphs into a movement of sorts, some experts caution against mistaking a medically required lifestyle for a food fad.

In fact, some experts are concerned that the growing popularity of the gluten-free diet may cause cases of celiac disease and gluten sensitivities to go unnoticed for even longer.

Allowing the disease to go undiagnosed can lead to more serious conditions like thyroid disease, cancer of the gut and arthritis.

"It's really important that people actually go get tested for celiac, because if you go on the gluten-free diet because it's the latest buzz then it's almost impossible to get an accurate diagnosis," said Case.

THE CANADIAN PRESS

Scouts Canada. Authorities weren't informed of alleged sexual misconduct: Review

A forensic review of Scouts Canada's records reveals authorities were not contacted about at least 65 cases of alleged sexual misconduct against a youth.

"We are deeply and truly sorry for any harm that has happened at the hand of volunteers that were in our organization," said Steve Kent, Scouts Canada's volunteer chief commissioner at a press conference Monday.

"We will do everything that we can to prevent such instances from happening in the future and we encourage victims to talk to us."

The accounting firm KPMG conducted a seven-month audit of Scouts' files, many of which were "disorganized" and "incomplete," according to an analysis of 486 identified records provided by Scouts Canada.

The records were related to suspension and termination of volunteers for alleged sexual misconduct against youth from 1947 to 2011.

In addition to the 65 cases, there were 64 cases where it was unclear whether or not authorities were contacted.

During the review process Scouts Canada provided information about those cases to police forces, which are investigating.

In 29 other cases, Scouts Canada had already contacted police. In 328 cases, police were aware of the allegation of sexual abuse before Scouts Canada.

Learning from past mistakes, the organization said it will now "rigorously" implement a new Child and Youth Safety Plan, which includes improved adult screening and training.

"Canadians can take comfort in the fact that we're confronting the past in its entirety now," said Kent.

JOE LOFARO/METRO IN OTTAWA

Steve Kent of Scouts Canada
METRO OTTAWA

Search efforts to continue after appeal from public, premier

Local residents react as they listen in during a news conference in Elliot Lake, Ont., on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Elliot Lake tragedy.
Officials initially called off search due to concerns of a second collapse

A member of the Ontario legislature says rescue teams will continue search efforts at a partially collapsed mall in Elliot Lake, Ont., hours after search attempts were called off.

New Democrat Michael Mantha says the search is on again after Ontario Premier Dalton McGuinty urged officials to continue the effort.

Mantha says rescue workers are coming up with a plan to allow the rescue of any survivors or the remains of those inside the mall to be removed from the site.

Staying positive

"We've all banded together. We talk, we hug. We're just here together."

Catherine Timleck-Shaw, Elliot Lake, Ont., resident

Authorities called off the search earlier Monday after they deemed the mall too dangerous to send rescue crews into.

Hopeful personal vigils gave way to outraged group protests on Monday hours after officials announced they were halting efforts to rescue possible survivors.

Dozens of angry community members gathered outside city hall in the northern Ontario city, expressing their disgust that officials had walked away from a rescue effort they deemed too dangerous.

"Rescue missions never end, save our families, save our friends," chanted the protesters.

Although the sound of tapping, which led rescuers to believe someone was still alive inside the rubble, stopped on Sunday morning, officials say a device called a life detector has indicated there's someone breathing inside.

THE CANADIAN PRESS

For more news visit metronews.ca

Accuser in sexual harassment case awaits panel results

Manitoba. Panel weighing whether judge should be punished for husband's lewd proposition

A man who says he was sexually harassed by a Manitoba judge is to find out Tuesday whether he will have standing at her disciplinary hearing.

A panel of the Canadian Judicial Council has reserved its decision on whether Alexander Chapman's lawyer will be able to make submissions and question witnesses.

The panel is examining whether Justice Lori Douglas should be removed from the bench.

Chapman says Douglas's husband showed him sexually explicit photos of her and asked him to have sex with her.

Douglas has said she did nothing wrong and her husband acted without her knowledge.

The judicial council panel is also considering requests for standing from two other individuals before it starts hearing evidence.

"Alex Chapman has a direct and tangential interest in this proceeding," lawyer Rocco Galati told the panel Monday as he argued why his client should have standing.

"A fair hearing cannot be conducted ... without having Mr. Chapman's counsel here."

Galati also asked for funding from the inquiry. He said Chapman has virtually no income since losing his job in 2010.

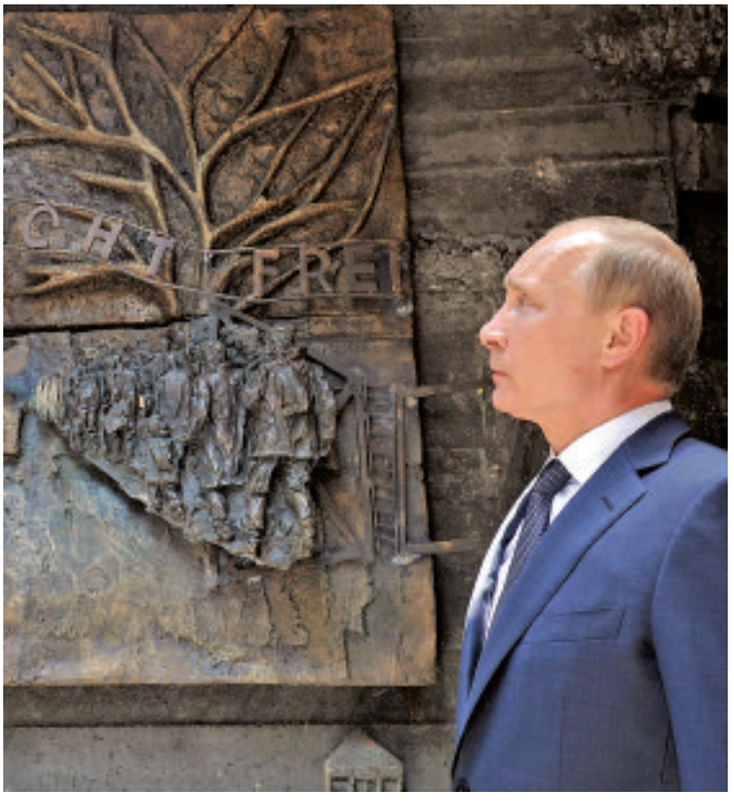
The independent lawyer who is leading the inquiry, Guy Pratte, argued against giving Chapman standing. Pratte is tasked with representing the public interest in the case and has a duty to bring forward all relevant information.

"There is no room for a complainant ... to complement the job of independent counsel," Pratte said. "He seeks to bring forward no new facts."

Douglas is facing four allegations that basically boil down to one question: Can a judge whose husband took explicit pictures of her and uploaded them without her knowledge to the Internet be penalized for the very existence of the photos? THE CANADIAN PRESS

Background

- Jack King admits that in 2003, he gave Chapman nude photos of his wife and asked him to have sex with her. She was a lawyer at the time.
- Douglas became a judge in 2005 and Chapman filed his complaint in 2010, despite being paid $25,000 by King to settle a sexual harassment claim.



Putin takes pause to remember on Israel trip

Russian President Vladimir Putin walks during an inauguration ceremony of a memorial to Red Army veterans of the Second World War in Netanya, Israel, Monday. The West's standoff with Iran over its nuclear program was expected to top the agenda as Putin began a 24-hour visit to Israel.

ALEXEI DRUZHININ/RIA NOVOSTI/THE ASSOCIATED PRESS

Activist sues over G20

G20 activist Julian Ichim arrives at police headquarters in Toronto on Monday before launching a $4-million lawsuit against the Toronto Police Services Board for alleged false imprisonment, assault and battery, misuse of public office, and other Charter breaches. While Ichim is seeking general and punitive damages, he said his suit was not about money, but accountability. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Egypt. New president starts crafting government

New Egyptian president Mohammed Morsi went to work first thing Monday morning and started work on forming a government.

This was even before he had a clear picture of what he could do after the ruling military stripped most of the major powers from his post.

Morsi, 60, a U.S.-trained engineer from the fundamentalist Muslim Brotherhood group, is the first Islamist president of Egypt.

He defeated Mubarak's last prime minister, Ahmed Shafiq, in a tight race that deeply polarized the nation.

The country breathed a sigh of relief that at least the question of who won the presidential runoff had been resolved on Sunday, after the first free and fair elections in Egypt's modern history.

People returned to work a day after a panic that sent many home early for fear that violence might erupt when the winner was announced.

Traffic was flowing again through Cairo's Tahrir Square, the birthplace of last year's uprising and a major intersection that had been blocked for a week by Morsi supporters protesting against the military.

Mohammed Morsi THE ASSOCIATED PRESS

Tiptoeing into office

The contours are emerging of a backroom deal between the military and the Brotherhood that led to the ruling military council blessing Morsi as president.

- State TV showed footage of Morsi meeting Monday with the ruling military.

As polls closed on June 17, the ruling Supreme Council of the Armed Forces announced constitutional amendments that shocked the Brotherhood and many other political activists.

They gave themselves sweeping powers that undercut the new president. THE ASSOCIATED PRESS

Veterans

WWII veterans finally recognized

Canadian airmen who flew with Bomber Command in the Second World War are getting recognition 67 years after their service. The Conservative government is announcing that a special bar will be struck to be worn on the Canadian Volunteer Service Medal.

At the end of the war, special medals were awarded for various campaigns, but none for those who flew in the long and dangerous bombing campaign. THE CANADIAN PRESS

Quebec

22 charged after clash with cops

Twenty-two people are facing charges after a clash with police following Fête nationale festivities north of Montreal. Police in Bois-des-Fillion say two officers were injured when police tried to break up fights Sunday. The incidents broke out when people refused to leave the park. Capt. Sylvain Theoret says bottles, rocks and even garbage cans were thrown at officers. THE CANADIAN PRESS

Syria

Army general defects to Turkey

A Syrian general was among the latest defectors from the country's military, officials said Monday. Dozens of Syrian soldiers fled overnight to Turkey, crossing the border with their families.

The general defected in recent days, Turkish officials said. Then, according to the state-run Anadolu news agency, 33 soldiers crossed the border overnight. There are conflicting reports but the group included possibly a second general and either two or three colonels. THE ASSOCIATED PRESS

Tunisia

Jail time over cartoons upheld

A Tunisian court has upheld seven-and-a-half-year sentences on a conviction of posting cartoons of the Prophet Mohammed on Facebook. Jaber Majeri and an associate were each sentenced to jail and fined $800 US.

Bochra Belhaj Hamida, the defence lawyer, condemned the court decision as unjust and criticized the judges. THE ASSOCIATED PRESS

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Florida. Tropical storm wreaks havoc with twister, power outage

Tropical Storm Debby drenched Florida with heavy rains, flooded low-lying neighbourhoods and knocked out power to thousands of homes and businesses as it lingered off the state's coast Monday.

The governor declared a statewide emergency, and a tropical storm warning was in effect for most of Florida's Gulf coast. At least one person was killed by a twister in Florida, and crews in Alabama searched for a man who disappeared in rough surf Sunday.

In St. Pete Beach on Florida's Gulf coast, a tornado ripped the roof off a marina and an apartment complex, and felled fences, trees and signs.

State officials estimated at least 35,000 homes and businesses were without power.

The storm closed the sole bridge to St. George Island, a popular vacation island in Florida. Power was already out on the island and authorities said it could be for days.

THE ASSOCIATED PRESS

Details

- Residents in several counties near the crook of Florida's elbow were urged to leave low-lying neighbourhoods because of the threat of flooding. Shelters were opened in some areas.
- High winds forced the closure of an interstate bridge that spans Tampa Bay and links St. Petersburg with areas to the southeast. In several locations, homes and businesses were damaged by high winds authorities believe were from tornadoes.

19 killed after bus goes off bridge in South Africa

Rescue workers and investigators stand behind body bags containing the remains of victims of a bus crash in Meyerton, South Africa, on Monday. At least 19 people were killed and 55 injured when the bus plummeted off a bridge. THE ASSOCIATED PRESS

Mexico. Police officers slain in airport shooting

Men wearing what appeared to be police uniforms opened fire in a food court at Mexico City's international airport on Monday, killing three federal policemen on an anti-drug mission as panicked witnesses dove for cover.

The slain agents had gone to the airport "to detain suspects linked to drug trafficking at Terminal 2," the federal Public Safety Department said in a statement, without specifying if the suspects also were lawmen. "Upon seeing themselves surrounded by federal police, they (the suspects) opened fire on the officers."

Two officers died at the scene and another died later of his wounds at a local hospital.

A witness said the shooters were also wearing police uniforms, and the Public Safety Department said it was investigating whether the shooters were active-duty police, former officers or impostors. Criminals in Mexico sometimes wear fake police uniforms, but officials also have repeatedly struggled to crush corruption among law-enforcement agencies at the airport, which traffickers have often used as a shipment point for narcotics.

THE ASSOCIATED PRESS

Quoted

"It's surprising to see it happening at the airport. It's one of the safest places in the city."

Robert Gray, traveller

Paris

Man dead after jumping from Eiffel Tower

A 25-year-old man from Israel jumped to his death from the Eiffel Tower after thwarting security measures and climbing the Paris monument at twilight, authorities said Monday.

"He jumped into the air. ... It was not an accidental fall," Paris prosecutor's spokeswoman Agnes Thibault-Lecuivre said.

THE ASSOCIATED PRESS

U.S. court

Mom regretting chopping ponytail as punishment

A U.S. mother says she felt intimidated in court when a judge told her that he would reduce her 13-year-old daughter's sentence if she chopped off the girl's ponytail in court — an offer the mother says she now wishes she hadn't taken.

The teen was referred to juvenile court for cutting off the hair of a three-year-old girl with scissors and for harassing another girl.

THE ASSOCIATED PRESS

Hundreds may be dead after landslides

Uganda. Villages destroyed and at least 15 houses buried following torrential rain, Red Cross says

Massive landslides induced by torrential rains destroyed three villages in the mountainous district of Bududa in eastern Uganda, killing possibly hundreds of people, officials said Monday.

Disaster Preparedness Minister Stephen Mallinga said it was still too early to say how many had been killed in Monday afternoon's landslides, but officials from Bududa said the final death toll would likely be in the hundreds.

"We are sending a rescue team down there," Mallinga said. "It's very difficult to estimate how many have been killed."

Witnesses said the landslides were unexpected, happening several hours after a torrential overnight downpour that at first seemed to have done little damage.

David Wakikona, a lawmaker from the region, said most people were likely indoors when huge blocks of mud and rocks started to roll down hills, toppling homes, killing livestock and burying people alive.

"We don't yet understand how this all happened, but it's terrible," Wakikona said. "Three villages have been buried."

According to Wakikona, at least 300 people lived in the affected villages. Officials said rescue teams from the Ugandan army would play a lead role in moving the soil as the search for possible survivors begins.

The Uganda Red Cross said that at least 15 houses had been buried in the landslides. It may take time before the full death toll from such disasters is known, as often it requires rescuers working with hoes and shovels to dig through the mud and find bodies trapped underneath.

Landslides are a common occurrence in the hilly parts of eastern Uganda, and they have been especially lethal over the years in those villages where the land is denuded of vegetation cover. In 2010 massive landslides in Bududa killed about 100 people, destroying everything from the village market to a church.

Ugandan President Yoweri Museveni, who visited the scene, said at the time that the landslides were divine retribution for the people's failure to give to the land what they take from it. The villages are usually heavily populated, and people often live on land bare of trees.

There has been fierce resistance to a government effort to relocate the most vulnerable people in Bududa and neighbouring districts, with some activists there saying it would be even more disastrous to abandon their ancestral homes. Even those who were relocated to a camp for refugees after the 2010 landslides secretly returned to Bududa, said Mallinga.

"There's a degree of unwillingness to leave," Mallinga said.

THE ASSOCIATED PRESS

In this 2010 file photo, people search for survivors after a landslide in eastern Uganda. Massive landslides destroyed villages in the mountainous district of Bududa on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Walmart Canada ramps up hiring

Expansion. Already one of Canada's largest employers, retail giant plans to hire 3,100 more workers by end of 2013

Walmart Canada is ramping up hiring amid rapid expansion in this country by the U.S.-based retail giant.

Walmart says it will open 47 hiring centres across the country as it adds a total of some 4,000 new employees this year and next, about 500 more than previously announced.

The mass retailer pays "above minimum wage," which varies by province, said Alex Roberton, spokesman for Walmart Canada, adding that employees can also participate in a profit-sharing program.

Roberton said the chain is "looking to hear" from former Zellers employees, whose experience would be taken into consideration.

In addition to the permanent jobs, the various projects are expected to generate some 10,500 construction jobs.

"We are extremely excited to be adding more than 4,000 new associates to our team," said Bob Hakeem, senior vice-president of people at Walmart Canada, using the company's preferred term for employee.

Walmart Canada pharmacies are also in the midst of a significant hiring phase.

Walmart Canada has already hired 900 employees this year, from sales associates to managers in its stores across the country, to field operations and home-office positions.

Already one of Canada's largest employers, it plans to hire an additional 3,100 workers by the end of 2013, raising its overall Canadian payroll to 94,000.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise. The retailer opened its first Canadian supercentres in Ontario in 2006 and has since ramped up expansion plans for the large-store concept.

THE CANADIAN PRESS

Facing competition

By the end of 2013, Walmart Canada expects to spend some $750 million to open, relocate or remodel 73 stores.

- Included are most of the 39 former Zellers stores for which Walmart Canada purchased leasehold rights in June 2011. They will reopen as Walmart stores in this fiscal year.
- The expansion comes as competition in the Canadian retail market heats up with the entry of fellow discount retailer Target next year. Target plans to open 125 to 135 stores.

Samsung's latest model

Models display Samsung Electronics' newest smartphone, the Galaxy S III, during its world tour in Seoul, South Korea, on Monday. Samsung, the world's top mobile-phone maker, said it expects global sales of the latest Galaxy smartphone to surpass 10 million in July even as it struggles to keep up with demand because of component shortages. The company said the Galaxy S III will be released in 147 countries by the end of July, aiming to get a jump on rival Apple before it announces a new version of the iPhone in the third quarter. Samsung released the smartphone through all major mobile U.S. carriers last week. SAMSUNG ELECTRONICS/THE ASSOCIATED PRESS

Tech trouble

RIM shares slide after downgrading

Research In Motion shares hit their lowest level since 2003 on Monday as the company was downgraded by investment firm Morgan Stanley, which called the company "essentially broken."

Shares in RIM traded as low as $9.27 on Monday on the Toronto Stock Exchange, its lowest level since 2003 after adjusting for stock splits. The stock closed down 76 cents at $9.36.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.16¢ US (-0.44¢)

TSX 11,330.39 (-105.15)

OIL $79.21 US (-55¢)

GOLD $1,588.40 US (+$21.50)

Natural gas: $2.694 US (+6.9¢)
Dow Jones: 12,502.66 (-138.12)

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SEXISM IS NO JOKE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while, you can count on some male comedian to drag out the hackneyed "girls-aren't-funny" routine to try and gain some attention — or, in Adam Carolla's case, sell a book.

In an interview with the New York Post last week, the comedian complained about his personal struggle (eye roll) with unfunny female colleagues. "They make you hire a certain number of chicks, and they're always the least funny on the writing staff," he whined. "The reason why you know more funny dudes than funny chicks is that dudes are funnier than chicks."

It's pretty pathetic when a 48-year-old man uses words like "dudes" and "chicks" to offer commentary on gender roles in comedy. But I suppose this is the type of enlightened discourse we can expect from the comic genius behind The Man Show, a now-defunct program that featured such classic bro-centric segments as Guess Whose Asscrack and Breast Implant Fashion Show.

In reality

"There are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes."

If Carolla expects his staff writers to rely on low-brow, homophobic (GLAAD recently lambasted Carolla after he joked that the LGBT acronym should be changed to YUCK), frat-boy humour to get cheap laughs, then I'm not surprised to learn that he hasn't encountered many women who adhere to his idea of funny.

Sadly, while the backlash against Carolla's misogynistic remarks was substantial, he's not alone in his sexist ideas. The late Christopher Hitchens opined a similar argument in his infamous 2007 Vanity Fair essay titled Why Women Aren't Funny.

In the piece, Hitchens suggested that men are obliged to be funny in order to attract members of the opposite sex. "Women have no corresponding need to appeal to men in this way," he wrote. "They already appeal to men, if you catch my drift." Presumably, Hitchens' drift is that men are only attracted to women in a superficial (read: libido-driven) way. Underlying this belief is the dangerously chauvinist assumption that women are to be looked at, not heard from.

Thankfully, there are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes. Kristen Wiig, Lena Dunham, Mindy Kaling, Wanda Sykes, Tina Fey, Betty White — the list of women who are funnier (not to mention more successful) than Adam Carolla is endless. These women produce and star in their own films and TV shows, they win awards, and they narrate audiobooks that will make you laugh aloud like a lunatic on the bus during your morning commute.

As for Adam Carolla, this washed-up man-child should go back to hosting his wildly successful podcast that you've probably never heard of.

Adam Carolla debuted his second book, Not Taco Bell Material, on June 12. It's a memoir of the comedian's life from the early years up to the present day. KEVIN WINTER/GETTY IMAGES FILE

New Yorkers beam at WTC site

SPENCER PLATT/GETTY IMAGES

9-11 memorial site

Beam completes steel skeleton

A construction worker signs the last steel beam before it is hoisted 300 metres to the top of 4 World Trade Center on Monday in New York City.

The trapezoidal glass and steel office building, which is designed as an architectural backdrop to the September 11 Memorial, is scheduled to open in 2013.

GETTY

Construction worker Frank Gasior gazes as the last steel beam is hoisted to the top of 4 World Trade Center. GETTY IMAGES

Then and now

"Ten years later, it's pretty remarkable. This is a very proud moment. It's full circle."

Sally Rexach, a nurse who aids workers at the site as she did during the rescue and recovery work following Sept. 11. She said she had tears streaming down her face while the beam was lifted into the sky.

First tower completed

Redevelopment long overdue

Developer Larry Silverstein told the crowd that his goal was "to give New Yorkers back the city terrorists tried to take away."

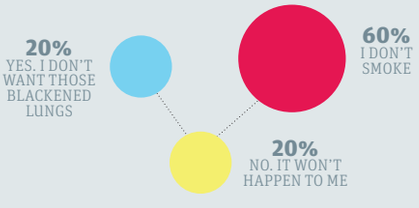
After years of funding and planning disagreements that at times threatened progress, Silverstein acknowledged, "It's been a very tough time." But added, "I've always believed in downtown New York."

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are the new graphic labels on cigarette packs enough to make you quit?



Twitter

@kaylenlesko:
Feels like a nice day to take my goldfish for a walk in #yqr

@YKYW:
I can tell ya the #YQR "feels like" 35 is legit. My backyard fencing assist has tapped out http://instagr.am/p/MTwRNLloeQ/

@shayna_rachelle:
Dad's "pre-storm" advice for tomorrow: "Keep your head covered and watch out." Thanks Paps! #skstorm #yqr

@MisSarahf:
Very excited to be a part of helping plan different events for Grey Cup 2013 in #yqr! Planning starts today! #westartearly

@aekyo:
@retrogirl1977 The one and only panic attack I've ever had happened on a YQR-YYZ flight... horrible. I can't handle it. I feel for you!

metro
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DVD reviews

The Artist

Director. Michel Hazanavicius

Stars. Jean Dujardin, Berenice Bejo, John Goodman

●●●●●

Passion is not normally experienced through the rear-view mirror, as regret and nostalgia are.

And yet here's The Artist, the most unlikely Best Picture winner at the Oscars in recent memory: a black-and-white, silent and exceedingly square homage to old Hollywood that is as passionate as new love.

You can call it a gimmick, as some did when The Artist premiered in competition last May at Cannes, winning star Jean Dujardin the festival's Best Actor award, a win he'd repeat at the Oscars.

But you can't fault it as smart entertainment, which eschews parody to make a sincere tribute that also serves as cogent, current commentary. In our increasingly wired world, who doesn't yearn for the supposed simplicity of the unplugged past?

The Artist isn't a conventional romance. But it's a passion project all the way, made by people with their heads in the present but their hearts in the past. Feel free to swoon along with them.

PETER HOWELL

Wrath of the Titans

Director. Jonathan Liebesman

Stars. Sam Worthington, Liam Neeson, Rosamund Pike

●●○○○

After 2010's Clash of the Titans, a botched remake of the cheesy 1980s swords-and-sandals epic of the same name, there was nowhere to go but up for the next Titans flick. Wrath of the Titans, directed by Jonathan Liebesman (Battle Los Angeles), heads modestly and noisily in that direction.

Wrath has much beefier 3D and also a bulkier Sam Worthington, returning as split-personality hero Perseus. Half god and half human, he's like a Chippendales dancer without the smile.

Wrath also has stronger characters and a modestly more interesting plot: a trip by Perseus to hell and back to rescue his bearded pappy, Zeus (Liam Neeson), a full-blooded god who has fallen on hard times. At this rate of improvement, the Titans series may approach adequacy in about five years or so. PETER HOWELL

Magic Mike opens in theatres on Friday. HANDOUT

Pettyfer bares all

Magic Mike. Actor talks about psyching himself up for semi-nude dancing

NED EHRBAR
Metro World News in Hollywood

While audiences are already familiar with Alex Pettyfer after a busy 2011 — with I am Number Four, Beastly and In Time — they are about to see a lot more of him, to put it lightly, with the release of Magic Mike. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character).

Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

How awkward have interviews for this film been?
I guess you kind of like dive into the fact that when you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is biggest wardrobe malfunction. And I think the biggest wardrobe malfunction that you have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was kind of very funny.

Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?
It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked, you kind just wrap your head around the fact that you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not having the experience beforehand, and having the experiences firsthand on the set was also very calming. I had to learn how to dance, because I can't dance. At all. To save my life. (laughs). But at the end of the day, you don't want to go to a male strip club and we're all perfect, classic dancers. What's great about the movie is that it's fun and mistakes are forgiven. It's an amazing thing to watch the flaws of a stripper because more comedy and more grime equals more reaction.

You're not playing Channing Tatum per se, but he is the basis for your character. Having him there must be...
A little awkward (laughs). It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally, because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience, so it actually really helped.

You also had some very enthusiastic extras on set for the dance numbers.
They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming. It just gave us the best energy. They did get out of hand. They got out of hand with Channing, and they 100 per cent got out of hand with Matthew, because that was not planned [when they rush the stage during his dance]. I thankfully didn't have any run-ins with them. I was very fortunate not to.

So what would you say was your least favourite dance routine costume?
I mean, my favourite was my least favourite because it was the hardest thing to get off. I just wanted to get it off and go for it, which is kind of funny because the first time I stripped, I wanted to keep all my clothes on. But that's a character choice and how my character is. He eventually loves what he does. So I guess the cowboy outfit? But it was also my favourite.

Quoted

"It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked."
Magic Mike star Alex Pettyfer

Showgirls

What about that other stripper movie?

"A friend asked me if this is the male Showgirls — which it really isn't. I almost had a heart attack there. Like, are we Showgirls? Oh, f—!," says Pettyfer.

But will people draw that connection anyway, because it's a movie about stripping? Pettyfer doesn't think so.

"You follow the characters through a journey," he says.

"It just happens to be in the world of male stripping."

2 SCENE

Scene in brief

Billy Ray heads to Broadway

Country singer Billy Ray Cyrus is making his Broadway debut in Chicago. The singer of Achy Breaky Heart and father of Miley Cyrus is detouring from his Nashville roots in taking on the role of criminal lawyer Billy Flynn for a seven-week engagement beginning Nov. 5. Cyrus starred with his daughter in the hit TV series Hannah Montana, and has acted in TV movies on Lifetime and the Hallmark Channel. Cyrus has also hosted country music's Nashville Star and was a competitor on Dancing With The Stars. Other celebrities to join the Chicago cast have included Sofia Vergara, Melanie Griffith, Brooke Shields, Ashlee Simpson, Usher, Huey Lewis, Michael C. Hall and Jerry Springer.
THE ASSOCIATED PRESS

On the web

Black Keys sue Pizza Hut, Home Depot for copyright infringement over song use in ads

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Trebek has a heart attack

Alex Trebek

Longtime Jeopardy host Alex Trebek suffered a mild heart attack over the weekend, but is expected to recover, according to the Hollywood Reporter.

Trebek, who has hosted the game show for 28 years, "is in good spirits and is currently under observation and undergoing further testing," a rep says. "He is expected to fully recover and be back at Jeopardy when production begins taping in July for the new season."

Robert Pattinson and Kristen Stewart

Robert and Kristen were 'all over each other'

Robert Pattinson and Kristen Stewart turned heads at the star-studded wedding of Hollywood producer Kevin Turen and Evelina Oboza in New Jersey over the weekend, according to Us Weekly, partying with guests until 7 a.m. and engaging in some fairly public displays of affection.

"Rob and Kristen were all over each other," a source says. Pattinson also got a chance to let loose with Andrew Garfield and Zac Efron during the reception: "There was a little area where you could go and play music," the source explains.

"Rob sang, Andrew played the bongos, Zac played the guitar. It was a whole spectacle."

Amy Winehouse and Blake Fielder-Civil

Did Winehouse want a baby with her ex?

Amy Winehouse was reportedly desperate to have a child with ex-husband Blake Fielder-Civil — even after the pair split up — Blake's mother, Georgette Fielder-Civil, told a British newspaper.

Georgette says that before her son went away for his latest prison term, he showed her letters from Winehouse post-divorce that clearly indicate their romance was far from over.

"In one letter, Amy wrote that Blake was definitely getting her pregnant within two months. She talked about conceiving the baby — which they would call Lucky — on Valentine's Day," Georgette says. "Even after their divorce Amy told Blake she'd love him forever. They carried on talking to each other until a few months before she died."

The Word

Anthony Bourdain ALL PHOTOS GETTY IMAGES

Anthony Bourdain: Off with their heads

MONICA WEYMOUTH
scene@metronews.ca

Somewhere between continent-hopping and mysterious cauldrons of soup, chef and No Reservations host Anthony Bourdain found the time to pen a graphic novel.

Part kitchen revenge fantasy, part kung-fu foodie fun, Get Jiro! includes a scene in which a man is decapitated for ordering a blasphemous California roll.

"There are people who work 60 years trying to get the same 20 to 25 pieces of classic sushi perfect, but they know they will never reach that point. That kind of drive for perfection deserves respect," Bourdain told us when we caught up with him this week in New York City.

"So when you see somebody go into a regular sushi bar and treat it like it's crap or just another meal, well, I fantasized about seeing somebody lose their head!"

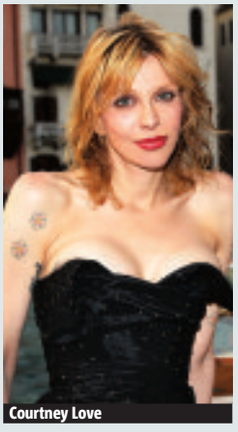
We wonder what the recommended punishment would be for a sriracha sprinkle. Not that we'd ever do that. We're just wondering — for our savage friends, whose heads aren't ours.

Courtney Love is just being Courtney Love

One of Courtney Love's less destructive habits is throwing around lawsuits — in 2009, the rocker put her legal team on 14 cases in 10 months. But apparently, she forgot to pay for their many services. The rocker is being sued by her former lawyers for almost half a million in legal bills, reports TMZ.

Although she sent flowers and thank-you gifts, the suit alleges that the rare cheques bounced, and that Love used her funds to pay for a gaggle of personal assistants.

There's something refreshingly 'Courtney Love' about getting sued by your lawyer. Never change, Court.


Courtney Love

Jason Segel

Michelle Williams

Jason Segel is 'totally smitten' with Michelle Williams

Things seem to be going well on the romance front for Michelle Williams and Jason Segel. Williams "hasn't been this happy in forever," a source tells People magazine of the couple, who made a brief appearance at the after-party for the premiere of her new film, Take This Waltz, in New York late last week.

Segel, for his part, is just as happy. "Jason is totally smitten," the source says. "It's like the first girl he's ever been this way with."

Reese Witherspoon acknowledges her bump

Reese Witherspoon

While her baby bump has grown, Reese Witherspoon has stayed relatively mum on her pregnancy — her first with new husband Jim Toth.

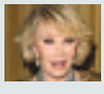
But she finally acknowledged the obvious while at an event in Chicago, according to the Chicago Sun Times.

"Frankly, I'm feeling very round tonight," she told the crowd. When a reporter suggested she avoid the city's famously hearty food, she added, "Maybe, but it's not easy. I'm always feeling like I'd like to eat everything in sight."

As for her immediate plans, Witherspoon is currently shooting Devil's Knot with Colin Firth in Atlanta.

"After that, I'm going to take a little time off — and go have a baby," Witherspoon said.

Twitter



@Joan_Rivers
Who is Hollywood's hottest couple? Emma Stone and Andrew Garfield! They're like Brangelina, but without the child labor.

@DaveChappelle
I can't think of anything provocative to tweet, and yet, I must continue... Must...keep....tweeting.

@Diane_Keaton
Researching for my next book concept. What is your idea of beauty? Talk to me.

@AlbertBrooks
I might be crazy but I'm positive I saw Mubarak at the mall today.

Go meatless this summer

Food for thought. The Meatless Monday campaign is fighting to reduce global meat consumption by urging carnivores to go veggie one day a week. In the Meat Free Monday Cookbook veteran vegetarian, Beatles singer Paul McCartney, shares his favourite recipes. Here's one:

ROMINA McGUINNESS
Metro World News

It's no secret that a diet high in processed red meat can dramatically increase the risk of death from heart disease or cancer. But with the summer barbecue season in full swing, we've been gorging on burgers most weekends. Will cheese and beans ever rival the real deal? Probably not. But it's time to tackle the scary truth, one steak at a time.

This is a fantastic salad. Here it's served with tofu, but you could just as easily serve it with veggie burgers or vegetarian sausages, as well as fries and mashed potatoes.

Paul and his daughters / CONTRIBUTED

Paul McCartney's Super Vegetable Salad

If you're looking for something other than a steak, this is the dish for you. CONTRIBUTED

1 Preheat the oven to 400°F and roast the cherry tomatoes for 10 minutes.

2 Cover the bottom of a pan with cold water and place a steamer above it. Put the broccoli, green beans, and carrots in the steamer, turn the heat on quite high, and steam for about 15 minutes, occasionally prodding the carrots with a fork to see if they are done. Some people like them slightly crunchy, others prefer them a little softer.

3 While the vegetables are steaming, make a salad with the leaves and scallions.

4 Combine the cornmeal and herbs in a bowl. Heat some olive oil in a frying pan. Dip the tofu in the cornmeal mixture and then fry until golden.

5 Whisk together the ingredients for the dressing, but only pour over at the last minute.

Ingredients

Serves 4

- 28 cherry tomatoes
- 3 florets of broccoli
- 12 green beans, cut into 1 inch lengths
- 2 carrots, peeled and sliced into 1 inch pieces
- 1 lettuce — I like Romaine
- 3 scallions, finely chopped
- 2/3 cup cornmeal
- a handful of chopped herbs of your choice
- 9 ounces tofu, cut into slices
- olive oil for frying

For the dressing

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard (optional)
- 1 teaspoon maple syrup (if you like a bit of sweetness)

Best Health

Five foods to help your skin

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Yes, you still need to wear sunscreen and a hat. But protecting your skin from the sun can also be delicious.

Each issue of Best Health magazine is full of often-surprising information about nutrition for Canadians.

In the Summer issue, on newsstands now, nutritionist Allison Tannis offers a list of five foods that provide the best sun-damage protection.

1. Tart cherries. They are packed with melatonin, protecting your skin against UV rays and helping to repair sunburned skin by stimulating new skin-cell growth. And cherries' vitamin C builds collagen, helping prevent wrinkles.

2. Crimini mushrooms. Because these are loaded with the mineral selenium, which produces antioxidants in your body, they fight free radicals that form in your skin after sun exposure.

3. Green tea. This contains an antioxidant that helps ward off inflammation of the skin and neutralize free radicals.

4. Pomegranates. Their high antioxidant content fights inflammation, and reduces the ability of UVB rays to cause cancer-promoting damage in skin cells.

5. Fatty fish. Salmon, for example, is loaded with selenium and protein, both needed for skin repair. Eating fish will also keep your skin hydrated and radiant.

The Summer issue of Best Health is on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

3 LIFE

Health minute

Why go meatless?

Why should people aim to reduce their consumption of red meat? Metro asked Meatless Monday founder, Sid Lerner, for a few reasons: "Animal fat is the villain. Red meat is high in cholesterol and saturated fat and knocking it off the menu is good for your health. Eating it in excessive amounts (a portion larger than the size of a deck of cards, more than three times week) could eventually trigger a heart disease and or, diabetes. Eating mass amounts of red meat messes up the environment. Reducing global consumption will lighten up our carbon footprint. Cutting out meat from your meals one day a week is no big deal. We even managed to get celebrity chef, Mario Batali — who is a massive pork fan — to back the campaign. With enough willpower, anyone can do it."
METRO

On the Web

The Lifesaving Society is hoping to prevent drownings among teens by strengthening their swimming skills before they hit high school

Go light on dessert with Strawberry Mini Muffins

Bite into these mini muffins for a sweet treat with a cup of tea or tuck them into tote-along lunches.

This recipe makes 24 muffins. THE CANADIAN PRESS H/O

Ingredients

- 325 ml (1 1/3 cups) diced fresh strawberries, divided
- 250 ml (1 cup) all-purpose flour
- 150 ml (2/3 cup) natural wheat bran
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) baking soda
- 50 ml (1/4 cup) soft non-hydrogenated margarine
- 50 ml (1/4 cup) packed brown sugar
- 1 egg
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) plain low-fat yogurt
- 6 small strawberries

1. In a small bowl and using a potato masher, mash 250 ml (1 cup) of the strawberries; set aside.

2. In a medium bowl, whisk together flour, wheat bran, baking powder, ginger and baking soda; set aside.

3. In a large bowl and using a wooden spoon, stir together margarine and sugar until combined. Stir in egg and vanilla. Stir in mashed strawberries. Gradually add flour mixture and stir until just combined. Stir in yogurt and remaining chopped strawberries until well distributed.

4. Divide batter among 24 lightly greased mini muffin cups. Top muffins with sliced strawberries.

5. Bake in a 190 C (375 F) oven for about 20 minutes or until tops of muffins spring back when lightly pressed.

DEVELOPED BY EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS

Honeycomb and Brie English Muffin Pizzas. One of the best combos

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, thinly sliced
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- Salt and ground black pepper
- 4 large whole-wheat English muffins
- 6 ounces brie, thinly sliced
- Honeycomb

1. Heat the oven to broil.

2. In a medium skillet over a medium-high temperature, heat the olive oil. Add the onion, garlic and thyme, then sauté for 5 minutes, or until the onion starts to get tender. Season with salt and pepper, then set aside.

3. Split each English muffin in half and arrange cut side up on a baking sheet. Set under the broiler just long enough to lightly toast, about 1 minute.

4. Top each muffin half with a brie, then spoon a bit of the onion mixture over each. Place under the broiler for another minute. Transfer the halves to serving plates, then top each with a spoonful of honeycomb. Serve immediately.

THE ASSOCIATED PRESS

Low-Cal Tuna Burger. The ticket for those craving takeout taste

Ingredients

- 2 cans (each 85 g) tomato and onion flaked light tuna
- 2 egg whites
- 125 ml (1/2 cup) panko (Japanese breadcrumbs)
- 2 lettuce leaves
- 2 whole-grain kaiser rolls (sliced horizontally)
- 30 ml (2 tbsp) non-fat cottage cheese
- 2 cloves roasted garlic
- 2 each tomato & onion slices
- 2 strips turkey bacon, cooked
- 2 dill pickles, for garnish

1. In bowl, combine tuna, egg whites and panko. Form into 2 burger patties.

2. In bowl, mix cottage cheese and roasted garlic. Set aside.

3. In a sauté pan over medium-high heat, place tuna burger patties and sauté for 3 minutes per side.

4. Place lettuce leaf on one half of each kaiser roll and top with seared tuna burger.

5. Place 15 ml (1 tbsp) of the cottage cheese mixture on top, followed by tomato, onion and turkey bacon. Place remaining half of kaiser roll on top and skewer with a dill pickle.

THE CANADIAN PRESS/ CLOVER LEAF

A hearty and delicious mix of grains and legumes

This lentil burger not only contains lots of complementary vegetable protein from its combination of grains and legumes, but its meaty texture is hearty and delicious.

This recipe makes six to eight servings. THE CANADIAN PRESS H/O

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 250 g (1/2 lb) fresh mushrooms, sliced
- 4 cloves garlic, chopped
- 500 ml (2 cups) cooked lentils
- 250 ml (1 cup) breadcrumbs
- 125 ml (1/2 cup) peanut or almond butter
- 30 ml (2 tbsp) miso paste
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) dried thyme
- 50 ml (1/4 cup) chia seeds
- 500 ml (2 cups) grated sweet potato

1. In a skillet over medium-high heat, place oil. Toss in onion, mushrooms and garlic and sauté until browned, about 10 minutes.

2. Transfer mixture to a food processor. Add remaining ingredients except sweet potato. Purée until smoothly combined. Transfer to a mixing bowl and stir in sweet potato. Let mixture rest for 10 minutes.

3. Using your hands, shape mixture into evenly formed patties. They may be cooked immediately, refrigerated for a few days or frozen for 1 month.

4. When it is time to cook the burgers, you can fry them in a lightly oiled sauté pan, sear them on a griddle or outdoor grill or bake in a 200 C (400 F) oven 15 to 20 minutes.

THE CANADIAN PRESS/PULSE CANADA.

Does the Net handle all your finances?

Plugged in. Trying to pay a bill or cancel a card can be a total nightmare when the Internet is down — have a back-up plan

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

We're all pretty much tech addicts these days and nowhere is this dependency more evident than in our Internet love affair. But everyone must have a fall back plan if you lose your connection, especially for financial data. I know of what I write.

This week I lost my service for a couple of hours and it pretty much brought my work to a standstill. I couldn't access e-mail, let alone pay bills or check my calendar. I also had to contact my bank regarding a transaction. But have you ever tried to contact a specific person at a branch when you can't even locate a current phone book?

When the Internet abandons you the biggest concern is accessing your financial life. Delays could mean interest charges or other penalties.

One reader missed making his RRSP contribution when he lost service the night of the deadline. That cost him thousands in tax.

Here are four important steps you should take to protect your finances from cyber interruption.

1. **Save.** With programs such as Yahoo or Gmail, which are not resident in your computer, save important e-mails to your hard disk. Search the respective help programs for instructions. But I find it is even quicker to cut and paste e-bills or other important financial e-mails and save them in Word.

The advantage here is that you can make notes about when a bill is paid or add information about changing a cell or cable package, for example, with the relevant confirmation number. Assuming you back up your computer the information is easily accessible, Net or no Net.

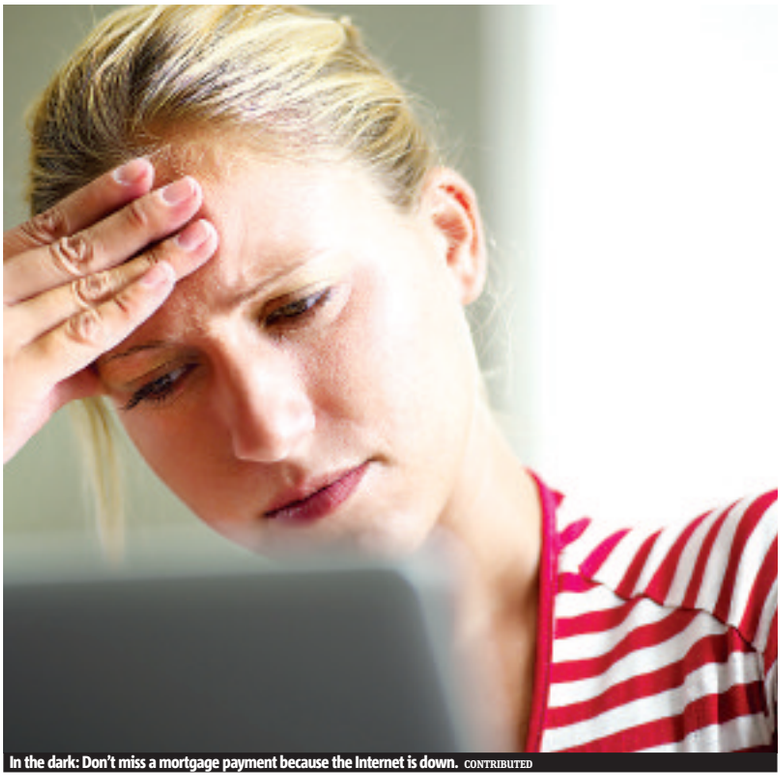
2. **Contacts.** Print your contact list and make sure you have contact numbers for every bill you pay as well as for your bank and brokerage. Store it somewhere safe.

3. **Inventory.** Have a hard copy of all banking information including account numbers, passwords and security questions. I abbreviate the latter two for safety. For extra protection store it in a safety deposit box but be aware that if the bank isn't open you're stuck.

4. **Calendar.** Maintain a simple hard copy calendar or one resident on your computer noting when all bills are due. It will be a lifesaver if the Internet goes dark.

Alison's money rule

"Love the Net but be sure to have a financial back-up plan for when it fails."



In the dark: Don't miss a mortgage payment because the Internet is down. CONTRIBUTED

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Eleanore Wells: Spinster and loving it

Lessons. Author hopes to show women that husbands and children aren't for everyone

"I love having a boyfriend. I love having him go home," says Eleanore Wells, the vivacious author of The Spinsterlicious Life: 20 Life Lessons for Living Happily Single & Childfree.

Wells has not had what many consider the traditional life. By middle age, she is unmarried and child-free. And she's sick of people pitying her for it.

"I don't think husbands and kids are for everybody," she says. "I think they're really good things to have, but lots of women, either by choice or by circumstance, are not going to have that. My belief is that you owe yourself a good life, no matter what your circumstance is. ... I'm living proof, because I have a fantastic life."

Having been a source of inspiration to her other single friends, Wells decided to outline, in her book, all of the benefits of singledom. Her points are not aimed at rejecting coupling, but at leading a full life while alone, which can also lead to being not so single anymore.

Eleanore Wells. HANDOUT

"You can certainly figure out a way to celebrate all the other good things that are going on in your life," says Wells.

"And happy people often attract other people."

The 'Spin'

Pearls of Wells' wisdom:

• If your ex was a jerk the first time around, he'll still be a jerk next time around: "If (your reason for breaking up the first time was) personality — or behavior-related — he was a jerk, he wasn't nice, if he was mean, if he cheated — you know those are four things that kind of say something about the person. Don't go there."

• You can't force chemistry: "I think you kind of know relatively quickly whether you are drawn to someone. ... I don't think you can fake that. I don't think you can force it. So, there was a time when I would meet, you know, what we would call your 'standard nice guy,' and I'd feel nothing and I'd say, 'Oh, but he's so great, he's a good person! I should be attracted to him. I should want to date him.' It doesn't work."

• Babies aren't for everybody: "There's almost nothing else you can do in life that you can't take back or change in any way. Having a kid is (one of those things). You have to be 100 per cent all the way in, and so if there's doubt there, I think you should wait until there is no doubt.

HEIDI PATALANO/METRO NEW YORK

How to socialize your boyfriend and not be annoying

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles,
I have to admit that the man I chose to be my boyfriend has some traits that I would prefer he did not possess. OK, I admit it: I think he has bad manners. For example, he has a habit of forgetting to ask for his water without ice at restaurants. At the end of the meal, he wants to drink water without ice, so he scoops ice out with a fork or a spoon and puts it in his empty plate. Then he drinks the water. Sometimes I try not to let it bother me, especially when we're in a really casual restaurant. However the other night he did it in a small, fancier restaurant, and I could see people looking at him. How do I socialize my boyfriend without being an annoying girlfriend who is overtly trying to socialize her boyfriend? I've tried to model ordering water without ice (even though I prefer ice) but he doesn't get the hint. Rolling my eyes and being annoyed when he does stuff like that is more effective at getting him to stop, but I don't like acting like that.
Stressed Girlfriend

Dear Stressed Girlfriend,

I'm a firm believer you must deal with this issue head on and sooner rather than later, so how do we do this?

Firstly, not in public, nor in front of a waiter, pick a private place when it is just the two of you. Once alone, I think I would just come right out and say, "You know John, I've noticed that when you pick the ice out of your glass, people at the tables around us are staring at you, and it is making me uncomfortable. Would you please do me a favour and when you order water, can you please order it without ice?"

The reason I like this method is because it tells him about others who have observed his behaviour and as his girlfriend, how this makes you uncomfortable.

Please let us know how it goes! Fingers crossed!

Take the hint, honey! ISTOCK

4

SPORTS

Women's soccer

"We're a very confident team right now and we feel that on any given day, we can beat the Japans, the U.S.A.'s, the Swedens."

Canadian women's soccer captain Christine Sinclair. She says her experienced team is primed for this summer's Olympics. The 18-woman squad announced Monday has a combined 1,374 caps. After the team's poor showing at last year's World Cup, Sinclair acknowledges it's time for the seventh-ranked Canadians to deliver against top opposition.

"We're a confident team and we feel that we can beat them, but that's just words. We have to actually do it."

Christine Sinclair
THE CANADIAN PRESS

On the web

Canadian welterweight Rory (Ares) MacDonald is looking to take down a legend at UFC 152 in Toronto. And he may get to do it in the main event. The British Columbian's fight against former champion B.J. Penn is currently listed as the co-main event for the Sept. 22 show at the Air Canada Centre. But a possible main event apparently won't take place. Scan the code for the story.

NHL. Sakic, Shanahan head list of hall hopefuls

Joe Sakic, Brendan Shanahan, Mats Sundin and Jeremy Roenick lead the list of first-year eligible players hoping to get the call from the Hockey Hall of Fame.

The hall will announces its newest inductees on Tuesday. The 2012 class will enter the hall on Nov. 22.

"Every year now it's getting real difficult," Hall of Famer Scotty Bowman, a member of the hall's 18-member selection committee, said of choosing the inductees.

THE CANADIAN PRESS

Joe Sakic won two Stanley Cups and had 625 goals and 1,016 assists in 1,378 NHL games. GETTY IMAGES

NHL. Star players align ahead of CBA negotiations

It could have been an all-star team.

First Alex Ovechkin strode through the hotel lobby and into a meeting room. Soon Jonathan Toews, John Tavares, Shea Weber, Shane Doan and 50 other NHLers followed — as sure a sign as any about how seriously members of the NHL Players' Association are taking their last set of meetings before negotiations begin on a new collective bargaining agreement.

NHLPA executive director Donald Fehr has repeatedly talked about how important it is for a wide variety of players to be engaged in the process. Now he's reached the moment of truth — formal CBA talks with the NHL will begin "very quickly" after this session ends Wednesday, according to Fehr.

THE CANADIAN PRESS

Quoted

"It's the future for everybody.... It's our lives."

Alex Ovechkin on upcoming collective bargaining agreement negotiations

Former Wimbledon champ Venus Williams ousted

Tennis. Williams was diagnosed with an autoimmune disease last year

Racket bag slung over her shoulder, resignation written across her face, Venus Williams weaved through fans milling about on the sidewalks that players must traverse to get from Court 2 to the Wimbledon locker-rooms.

The 32-year-old Williams had just absorbed a lopsided first-round loss at the Grand Slam tournament she once ruled, a poor performance that raised questions about how much longer she will keep playing tennis while dealing with an energy-sapping illness.

She trudged by as her hitting partner, David Witt, was saying: "It's tough to watch sometimes. I think everybody sees it. I don't know what else to say."

Looking lethargic, and rarely showing off the power-based game that carried her to five Wimbledon titles and seven majors overall, Williams departed meekly Monday with a 6-1, 6-3 defeat against 79th-ranked Elena Vesnina of Russia. Only once before — as a teenager making her Wimbledon debut in 1997 — had Williams exited so early at the All England Club.

Still, Williams said she'll be at the London Olympics next month and is "planning" to be back at Wimbledon next year.

"I feel like I'm a great player," Williams said.

THE ASSOCIATED PRESS

Isner out

- John Isner, best known for winning the longest match in tennis history, went five sets at Wimbledon again — and lost this time, to 73rd-ranked Alejandro Falla.

Venus Williams leaves the court after her match against Elena Vesnina Monday at the All England Lawn Tennis and Croquet Club in London. CLIVE ROSE/GETTY IMAGES

Women's basketball

Canadians step closer to London

The Canadian women's basketball team moved a step closer toward qualifying for the London Games.

Canada thumped Mali 89-23 on Monday in the opening game for both teams at a FIBA Olympic qualifying tournament.

THE CANADIAN PRESS

NBA

Heat celebrate with parade

With tens of thousands of fans lining the route, the Miami Heat held their championship parade on Monday. Players and coaches were on double-decker buses with friends and family, most taking photos and video of the crowd.

THE ASSOCIATED PRESS

Gymnastics

Canadian banned after pot test

A Canadian gymnast has been suspended for six months after testing positive for marijuana.

The world governing body of gymnastics says Cory Marsh, 18, from Oakville, Ont., failed a drug test in Orlando in April.

THE CANADIAN PRESS

Euro 2012

Germany looks to change tradition

Germany's young team can achieve something none of its predecessors have ever managed — beat Italy at a major tournament. Germany captain Philipp Lahm says his teammates are not concerned with statistics.

But even the coaching staff is impressed by the cool nerves of Italy's Andrea Pirlo. THE ASSOCIATED PRESS

Historic CFL season has plenty of drama

Andy Fantuz, right, will make his Hamilton Tiger-Cats debut on Friday against his former team, the Saskatchewan Roughriders. ADRIAN WYLD/THE CANADIAN PRESS FILE

The 2012 season will be a nostalgic one for the CFL as it marks the 100th anniversary of the Grey Cup.

But after a busy off-season, there will be plenty of drama for football fans long before the historic championship game is played in November.

The season opens with four new head coaches across the league, slotback Andy Fantuz playing closer to home and longtime West Division quarterbacks Ricky Ray and Henry Burris renewing their rivalry in southern Ontario.

The Winnipeg Blue Bombers and Hamilton Tiger-Cats, meanwhile, will bid farewell to their longtime stadiums at the end of the season while B.C. Lions veteran receiver Geroy Simon is on the verge of a major milestone.

"There were significant changes in the off-season," commissioner Mark Cohon said in an interview. "I think all these stories build great momentum for us in 2012."

Burris and Fantuz will both make their Hamilton debut on Friday when the Tiger-Cats host Saskatchewan. The Ticats acquired Burris from Calgary but the game will be especially significant for Fantuz, a native of Chatham, Ont., who spent his first six CFL seasons in Regina before signing with Hamilton as a free agent this off-season.

The game will also mark the CFL head-coaching debuts of Hamilton's George Cortez and Saskatchewan's Corey Chamblin, a former Ticats defensive co-ordinator. THE CANADIAN PRESS

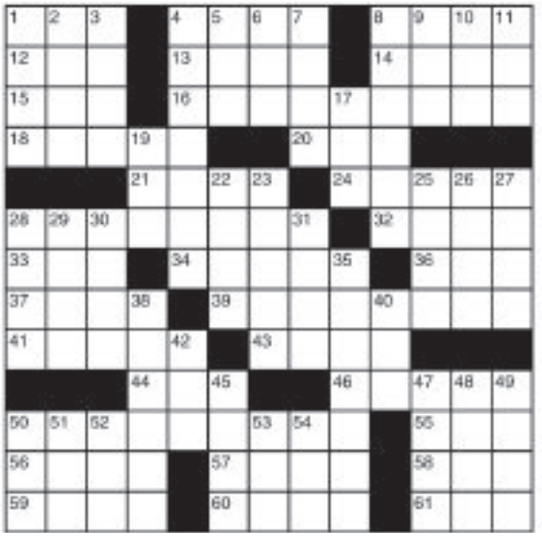
Major milestone

67

The number of receiving yards Geroy Simon needs to break Milt Stegall's all-time record of 15,153.

Across
1 Pump up the volume
4 Bloke
8 Hit hard
12 Spell-down
13 Tortoise's rival
14 Addict
15 Type units
16 Those who refuse to face problems
18 Bottom line
20 Squid squirt
21 Mother of Castor and Pollux
24 Informative
28 "The Blue Angel" star
32 Burrito's cousin
33 Request
34 Neighborhoods
36 Droop
37 Evidenced a pinprick
39 Parasitic worm
41 Auto style
43 Highland hillside
44 Vast expanse
46 Investigate
50 French cardinal
55 Crony
56 Rue the run
57 Young horse
58 Donkey
59 Nobility member
60 Atmosphere
61 Appomattox VIP

Down
1 Help a hood
2 Note from the boss
3 Nuisance
4 Epidemic illness
5 Owns
6 Illustrations
7 Graceful woman
8 Pail
9 Blond shade
10 Witness
11 Day fractions (Abbr.)
17 Hostel
19 Elev.
22 Gossip
23 Tart in tone
25 "Now then, where —?"
26 Read bar codes
27 Guru's exercises
28 Light applications
29 Gilligan's home
30 Supplemented, with "out"
31 Barber's concern
35 Shoulder blade
38 One of Santa's team
40 That girl
42 Born
45 — Romeo
47 October birthstone
48 Foundation
49 Otherwise
50 Knock
51 Lemieux milieu
52 Ernesto Guevara
53 Debtor's letters
54 Good hearing



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3		9				2		4
	5		7		2		8	
8			6		9			5
		1	2		3	6		
		2	4		6	3		
2			1		5			9
	1		8		4		2	
9		5				4		8

Yesterday's Sudoku

7	5	1	4	3	9	8	2	6
6	3	2	5	1	8	9	7	4
9	4	8	2	6	7	5	3	1
8	1	9	7	2	5	3	4	6
2	6	3	5	4	1	7	9	8
4	7	5	9	8	3	1	6	2
5	8	4	3	7	2	6	1	9
3	9	6	1	5	4	2	8	7
1	2	7	6	9	8	4	5	3

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

ECHHUEGLT RUC EWVMH EUFNAUOR CLWGX SN EWMVWE EGLTGLT, RUC FGTSW EMR RUC ANXWNO UCW M WCLN.

Yesterday's Cryptoquip: WHEN A MAN'S NEATLY GROOMED HAIR GETS ALL MUSSED UP, YOU MIGHT SAY HE'S NOW DE-PARTED.

Today's Cryptoquip Clue: R equals Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Your thoughts will become more positive now that mind planet Mercury is moving in your favour again.

Taurus | April 21 - May 21. Something you value will have to be given up but if you are wise you will realize it has to happen so there is room for something even better to come in and replace it.

Gemini | May 22 - June 20. You need to speak up about something you think isn't fair.

Cancer | June 21 - July 22. Stop trying to hurry things along because what is meant to happen will happen in its own good time. That applies to all areas of your life but especially to money issues where, quite soon, you are in for some good news.

Leo | July 23 - Aug. 22. Your outlook will change quite a bit over the next few days.

Virgo | Aug. 23 - Sept. 22. Don't draw attention to yourself today.

Libra | Sept. 23 - Oct. 22. Let friends and colleagues know how you feel today, even if you are the kind of Libra who hates to show emotion.

Scorpio | Oct. 23 - Nov. 21. You will have to make some tough decisions over the next few days, decisions that will impact your career in major ways.

Sagittarius | Nov. 22 - Dec. 21. It's OK to bend the rules a bit today. No harm will come of it so long as you do it sensibly and don't take too many liberties.

Capricorn | Dec. 22 - Jan 20. Something you once thought was so important now seems trivial, and it's to your credit that you are not afraid to change your mind.

Aquarius | Jan. 21 - Feb 18. A relationship problem that has been worrying you for weeks will resolve itself over the next two or three days. Whether the resolution seems "good" or "bad" depends on your outlook.

Pisces | Feb. 19 - March 20. What you need to remember today is that every challenge you face is also an opportunity. Put another way: the more you are challenged the more you will grow and the more you will learn and profit over time.

SALLY BROMPTON

Caption Contest

"Splash pad, Niagara Falls-style."
Inga

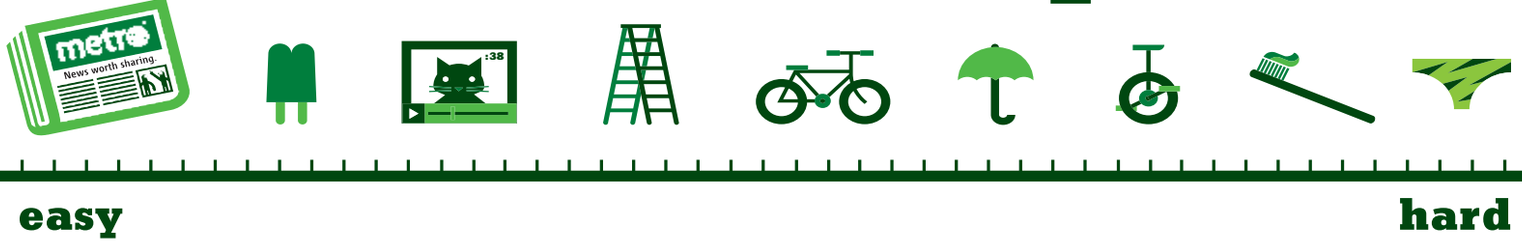
VADIM GHIRDA/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability



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$100 = Feed a mother and child for five months

$250 = Feed five families for six weeks

HUMANITARIAN COALITION

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